
Chapter 8: Self-control, relaxation & stress management

People differ in their ability to relax. Some virtually never sit still and if they are forced to stay in one place for long, their dissatisfaction builds quickly and they become quite irritated. Others are happiest when doing very little. When they are asked to get moving and do something they get irritable. Most of us are somewhere in between these two extremes. Yet all types of people will be able to benefit from learning to use the techniques taught in this section.

Relaxation

The ability to relax and calm yourself enough so that you can think clearly is a very important part of anger management. Because you think less clearly as you get more and more angry and irritated, it is important to be able to calm down. In a calm state, you will be more able to make decisions and take actions that are in your own best interest.

Anger management involves thinking and responding appropriately, rather than simply reacting with aggression. You need to buy time to think about what actions are truly in your best interests!

1. Recall the last few situations in which anger was a problem for you. Were you able to relax while you were angry, or were you unable to calm down? Describe how you felt at the time.



Relaxation and anger cannot co-exist – one state always tends to defeat the other.